Set A Good Example

Kids often do what parents do. By setting a good example, you'll increase the chances that your children will make low-risk decisions about alcohol and other drugs.

- If you drink, let your kids see you drink small amounts that do not produce intoxication, see you abstain at times, and hear you say, "No thanks, I'm driving."
- If you don't drink, explain to your children why you have made this choice. Point out examples of low-risk drinking in case they choose to drink as adults.
- Show your kids you are a responsible host by having nonalcoholic drinks available for guests, never "pushing" drinks, and by serving food with drinks.
- Demonstrate positive ways to handle stress. Practice relaxing, exercising or working at a hobby instead of having a drink.

For more inforr

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Awareness Res

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Prevention begins at home.

problems. or not their kids will experience alcohol or drug Parents are the single greatest influence upon their children and have a major role in whether

prevention guide. do. To assist you, we've assembled this The first step in helping kids is learning what to

Please save this, post it, and refer to it often. It

Start Talking To Kids Early

give them your views and accurate information an alcohol-or drug-related situation has caught your kid's interest- and use the opportunity to while you can. Look for triggers- times when early in life, so get your two cents worth in Attitudes about alcohol and drugs are formed

that portrays drug use as funny or grown-up, you might say something like, "This program For example, if your kids are watching a show

Help Kids Learn Hov

Help your kids practice will know what to do or puts pressure on them t

prepared. isn't a trust issue, it's a everybody, even adults. Let them know that sayi

Ask your child question:

- you some marijuan say to them?" came up to you at t "What would you do
- you home, but you drinking?" baby-sitting and Mr "What could you sa
- say if they called you Help them come up like "No thanks, not offered you some b "What would you sa